



Fish Tacos

Ingredients:

1 Tbsp. canola oil

1 ¼ lb of cod

1/4 cup fresh cilantro

1./4 cup lime juice

cooking spray

1 tsp chilli powder, 2 tsp garlic powder, 2 tsp onion powder, 1 tsp coriander

1 tsp cumin

8 corn tortillas heated



Yield: 8 servings
Serving size: 1 taco

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Healthy Teaching
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Instructions

1. In a medium bowl, whisk together the oil, lime juice, dry spices, and cilantro. Add the fish and marinate for 15-20 minutes in the refrigerator.

2. Remove the fish from the marinade. Coat a large sauté pan with cooking spray. Sauté the fish over medium heat for 2-3 min. per side until the internal temp reaches 145° F. If using turkey temp should reach 165°

3. Remove the fish from pan and flake with a fork.

4. Evenly divide fish among the 8 tortillas. Top with Mango Slaw (see additional recipe)

Calories: 127 Fat: 3 g, Carbohydrate: 12g Protein: 13.5 g Fiber 2.5 g



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